



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 36023, APPLEBEE'S, chicken tenders platter

Report Date: July 04, 2017 16:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	43.38	6	0.217	42.81	44.2	5.0	42.817	43.933	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	297	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	1241	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein ¹	g	19.62	6	0.360	18.7	21	5.0	18.698	20.548	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) ¹	g	16.24	6	0.373	15.3	17.62	5.0	15.286	17.201	1	Analytical or derived from analytical	--	03/2013
Ash ¹	g	2.78	6	0.049	2.59	2.91	5.0	2.653	2.904	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	17.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary ¹	g	1.0	3	0.092	0.9	1.2	2.0	0.6	1.393	1	Analytical or derived from analytical	--	03/2013
Sugars, total ¹	g	0.36	3	0.015	0.33	0.38	2.0	0.294	0.426	1	Analytical or derived from analytical	--	03/2013

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Sucrose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) 1	g	0.36	3	0.015	0.33	0.38	2.0	0.294	0.426	1	Analytical or derived from analytical	--	03/2013
Fructose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Starch 1	g	17.03	3	0.441	16.2	17.7	2.0	15.136	18.931	1	Analytical or derived from analytical	--	03/2013
Minerals													
Calcium, Ca 1	mg	23	6	0.484	21	25	5.0	21.607	24.093	1	Analytical or derived from analytical	--	03/2013
Iron, Fe 1	mg	0.90	6	0.017	0.86	0.96	5.0	0.858	0.948	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg 1	mg	30	6	0.320	30	32	5.0	29.561	31.205	1	Analytical or derived from analytical	--	03/2013

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Phosphorus, P 1	mg	298	6	5.993	269	312	5.0	282.094	312.906	1	Analytical or derived from analytical	--	03/2013
Potassium, K 1	mg	336	6	4.549	323	356	5.0	324.139	347.527	1	Analytical or derived from analytical	--	03/2013
Sodium, Na 1	mg	740	6	11.662	702	768	5.0	710.022	769.978	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn 1	mg	0.71	6	0.007	0.69	0.74	5.0	0.697	0.731	1	Analytical or derived from analytical	--	03/2013
Copper, Cu 1	mg	0.069	6	0.004	0.06	0.08	5.0	0.06	0.079	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn 1	mg	0.258	6	0.008	0.22	0.28	5.0	0.236	0.279	1	Analytical or derived from analytical	--	03/2013
Selenium, Se 1	µg	16.8	3	0.437	16.3	17.7	2.0	14.952	18.714	1	Analytical or derived from analytical	--	03/2013
Vitamins													
Thiamin 1	mg	0.103	3	0.003	0.1	0.11	2.0	0.089	0.117	1	Analytical or derived from analytical	--	03/2013
Riboflavin 1	mg	0.183	3	0.003	0.18	0.19	2.0	0.169	0.197	1	Analytical or derived from analytical	--	03/2013
Niacin 1	mg	7.847	3	0.488	7.02	8.71	2.0	5.746	9.947	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	1.670	2	--	1.66	1.68	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 ¹	mg	0.506	3	0.031	0.44	0.54	2.0	0.372	0.64	1	Analytical or derived from analytical	--	03/2013
Vitamin B-12 ¹	µg	0.14	3	0.009	0.12	0.15	2.0	0.099	0.175	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol ¹	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, beta ¹	µg	20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, alpha ¹	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta ¹	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	67	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lycopene ¹	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

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Lutein + zeaxanthin 1	µg	72	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) 1	mg	1.45	3	0.069	1.36	1.59	2.0	1.15	1.746	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta 1	mg	0.24	3	0.060	0.14	0.35	2.0	-0.014	0.502	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma 1	mg	7.86	3	0.605	6.65	8.5	2.0	5.254	10.464	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta 1	mg	3.52	3	0.237	3.06	3.83	2.0	2.503	4.543	1	Analytical or derived from analytical	--	03/2013
Lipids													
Fatty acids, total saturated	g	2.849	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
6:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
8:0 1	g	0.006	3	0.001	0.01	0.01	2.0	0.003	0.009	1	Analytical or derived from analytical	--	03/2013
10:0 1	g	0.006	3	0.001	0.01	0.01	2.0	0.003	0.009	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.004	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
14:0 1	g	0.019	3	0.001	0.02	0.02	2.0	0.016	0.021	1	Analytical or derived from analytical	--	03/2013
15:0 1	g	0.005	3	0.000	0	0.01	2.0	0.003	0.006	1	Analytical or derived from analytical	--	03/2013
16:0 1	g	1.780	3	0.031	1.74	1.84	2.0	1.646	1.913	1	Analytical or derived from analytical	--	03/2013
17:0 1	g	0.017	3	0.000	0.02	0.02	2.0	0.016	0.019	1	Analytical or derived from analytical	--	03/2013
18:0 1	g	0.894	3	0.013	0.87	0.91	2.0	0.839	0.948	1	Analytical or derived from analytical	--	03/2013
20:0 1	g	0.049	3	0.001	0.05	0.05	2.0	0.044	0.054	1	Analytical or derived from analytical	--	03/2013
22:0 1	g	0.052	3	0.000	0.05	0.05	2.0	0.05	0.053	1	Analytical or derived from analytical	--	03/2013
24:0 1	g	0.018	3	0.000	0.02	0.02	2.0	0.017	0.02	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total monounsaturated	g	4.385	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
15:1 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 undifferentiated 1	g	0.055	3	0.008	0.05	0.07	2.0	0.02	0.089	1	Analytical or derived from analytical	--	03/2013
16:1 c 1	g	0.055	3	0.008	0.05	0.07	2.0	0.02	0.089	1	Analytical or derived from analytical	--	03/2013
16:1 t 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
17:1 1	g	0.009	3	0.001	0.01	0.01	2.0	0.006	0.011	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated 1	g	3.403	3	0.044	3.32	3.46	2.0	3.212	3.594	1	Analytical or derived from analytical	--	03/2013
18:1 c 1	g	3.368	3	0.045	3.29	3.44	2.0	3.174	3.562	1	Analytical or derived from analytical	--	03/2013
18:1 t 1	g	0.035	3	0.006	0.03	0.05	2.0	0.007	0.062	1	Analytical or derived from analytical	--	03/2013
20:1 1	g	0.917	3	0.005	0.91	0.93	2.0	0.895	0.939	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
24:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	7.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated ¹	g	6.893	3	0.079	6.74	6.97	2.0	6.555	7.232	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c ¹	g	6.787	3	0.074	6.64	6.87	2.0	6.468	7.106	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs ¹	g	0.021	3	0.001	0.02	0.02	2.0	0.016	0.025	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined ¹	g	0.085	3	0.006	0.07	0.1	2.0	0.059	0.111	1	Analytical or derived from analytical	--	03/2013
18:3 undifferentiated ¹	g	0.061	3	0.005	0.05	0.07	2.0	0.038	0.084	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c ¹	g	0.061	3	0.005	0.05	0.07	2.0	0.038	0.084	1	Analytical or derived from analytical	--	03/2013
18:3i ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:4 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c ¹	g	0.010	3	0.001	0.01	0.01	2.0	0.007	0.012	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated ¹	g	0.012	3	0.002	0.01	0.02	2.0	0.002	0.023	1	Analytical or derived from analytical	--	03/2013
20:3 n-6 ¹	g	0.012	3	0.002	0.01	0.02	2.0	0.002	0.023	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated ¹	g	0.047	3	0.004	0.04	0.05	2.0	0.031	0.063	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) ¹	g	0.001	3	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	03/2013
22:4 ¹	g	0.010	3	0.005	0	0.02	2.0	-0.012	0.032	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.004	3	0.002	0	0.01	2.0	-0.005	0.012	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) ¹	g	0.004	3	0.002	0	0.01	2.0	-0.005	0.012	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total trans	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol ¹	mg	52	3	1.170	50	54	2.0	47.334	57.399	1	Analytical or derived from analytical	--	03/2013
Amino Acids													
Tryptophan ¹	g	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine ¹	g	0.638	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine ¹	g	1.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine ¹	g	1.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine ¹	g	1.476	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Methionine ¹	g	0.523	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 1	g	0.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine 1	g	0.816	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine 1	g	0.523	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine 1	g	1.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine 1	g	1.214	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine 1	g	0.712	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine 1	g	1.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid 1	g	1.727	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid 1	g	3.464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glycine 1	g	0.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline ¹	g	0.973	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine ¹	g	0.586	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline ¹	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD